



The Athena Wellness Podcast
Episode 226 – Envisioning Your Future, Part III – Future Self Visualization
October 18, 2023

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[00:00:05] Kathy Robinson: Welcome to The Athena Wellness Podcast, the show that invites you to take a seat around the community fire and listen to stories that inspire. I'm your host, Kathy Robinson, author, coach and founder of Athena Wellness, a company that's dedicated to supporting you on your journey to live more wholeheartedly.

[00:00:30] Kathy: Hello and welcome friends. Thanks so much for joining me for this shortened Wellness Wednesday episode, a little midweek boost to help keep your Warrior Vibe high.

Today's show is a Walking The Talk vancast, a look behind the scenes into what I'm learning and working through along with a takeaway for you. These portable episodes are informal and casual, recorded on the go from wherever I happen to be at the time. And today I'm enjoying a rare day at home, riding out yet another very rainy autumn day.



I shared last week that there's something about this season that makes me want to reinvent myself to get an early start on the next calendar year. It's a great time to revitalize your practices and use this season to experiment and plan for the upcoming year.

An important component of reinvention is clarity. That is holding a clear vision of who you're becoming and where you'd like to go. And I've found the most effective way to gain this clarity is by defining, exploring, and working toward your future self, a powerful technique for envisioning the version of yourself that you're striving to become.

[00:01:50] This is the third installment of a four-part series to help you envision your future. Last week I shared some thoughts on the importance of connecting with your inner wisdom, the place where your heart holds your deepest desires. I also provided an exercise to help you practice what a true yes feels like for you – a useful tool for your inner journey.

Today, I'll be leading you through a visualization that I adapted from an exercise developed by the Coaches Training Institute. I, along with my coaching clients and students, have found it to be very insightful and the experience invaluable in transcending limiting beliefs and familiar boundaries.

Before I lead you through the visualization, let's spend a moment on why it's such a valuable exercise. Getting to know your future self can help you gain insight into different aspects of your life and these five come to mind:



1. **Your dreams.** What kind of life you want to live; what you truly want to experience in your life; and what motivates and inspires you.
2. **Your contributions.** What impact can you have through your career, relationships, community and your own personal growth, including health and wellness, spirituality, creativity, and your life journey.
3. **Your values.** What kind of person you're striving to become; what gives you purpose and meaning; and what's important to you.
4. **Your potential.** What you're capable of; how to leverage your strengths while working on what's holding you back; identifying blind spots; and gaining clarity on what's possible for you.
5. **Your legacy.** What you want to leave behind; how you want to positively impact the world; and how you want to be remembered.

It's important to note that we're not looking to predict the future. The purpose of this exercise is to gain insight into these areas and then create an action plan to live the life that you're envisioning.

[00:04:17] And now your takeaway. I'd like to guide you through this visualization and I suggest setting aside at least 20 minutes and having a notebook handy to reflect on the experience once we're done. So let's give this a try:

- I invite you to find a place to get comfortable - in a position that feels right for you and in a place where you won't be disturbed.
- Close your eyes and take a few deep breaths. Begin to feel your body and mind relax as you continue to breathe.



- Imagine yourself being transported upward, past your hometown, country, into the darkness of outer space, so high up that you can see the earth's curve, you can hear the silence, and you can feel the cool air around you.
- Notice a beam of light and follow it back down to earth. Like a time travel machine this beam is taking you 20 years into your future.
- Once you settle back down to earth, take a look around and notice the dwelling that's in front of you. It belongs to your future self.
- Note the following: Where are you? What's the landscape like? And what does the house look like?
- Walk up and knock on the door. What does your future self look like? How does she greet you? What is she wearing?
- As you take her in, what does her essence feel like? What feeling is she exuding?
- Once inside her home, where does she take you to have a conversation? How does the interior of her home feel as you settle in? What does she offer you to eat and drink?
- Ask her: What stands out the most from these last 20 years? What dreams has she realized?
- Ask her: How do I get from where I am to where you are?
- Feel free to ask her any other question that you'd like.
- As you begin to wrap up the conversation, notice that she has a gift for you. It could be an object, a word, an image, a metaphor, or a symbol.
- Thank your future self for her gift, her time and her wisdom. As you leave her home, know that you can return at any time.



- Now travel back up the beam of light into outer space. And when you step off, gently float back to your present time and space, feeling grounded, alert and refreshed.

As you open your eyes, I invite you to press 'pause' and spend a few minutes writing about your experience in your notebook, focusing on your senses, and noting any helpful information that you learned from your future self. As you think of this vision of your future self, what thoughts, emotions and potential next steps surface for you?

[00:10:41] Now that you're done with the visualization and you've jotted down some notes, I'd like to share what you may experience as you continue to work with this practice. It can be any or all of the following:

- You may have an a-ha moment, an insight, discovery or inspiration;
- You may catch a glimpse of something that seemed out of the range of possibility;
- You may gain clarity on something that once felt abstract;
- You may be less likely to procrastinate on actions that will move you closer to your vision;
- You may see how your current actions are impacting your long term desires, either positively or negatively;
- You may make habit changes to better align with your future self;
- You may feel a sense of urgency to get started on a project or a way of being that you've been putting off;



- You may become more resilient as you identify obstacles in your path and find ways to overcome those challenges;
- You may gain perspective on your current life that will help you identify steps toward your envisioned life;
- You may enjoy experimenting with different future self personas to refine your vision;
- You may establish a daily or weekly check-in to keep yourself accountable to staying on track and making adjustments as you progress; And lastly
- You may live each day feeling more present, utilizing your future self as your North Star to guide you as you journey toward the life that you truly desire.

[00:12:31] As we conclude this episode, I hope you found the future self visualization to be a powerful resource and self-discovery tool for getting to know the person that you want to be.

The wonderful thing about this exercise is once you have a clear picture of your future self, the imagery of seeing yourself already living as you desire stays with you and influences your current life to close the gap between where you are now and what you've seen in your mind's eye.

It's because of that clarity that it becomes easier to stay motivated to live a more fulfilling life, which leads to making better daily decisions in alignment to where you want to go.

We'll talk more about that in next week's episode on how to *embody* your future self. Until then, be well!



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[00:13:31] Kathy: Thank you so much for joining me today. I know there are many ways you can spend your time. Thank you for choosing to spend it with me. Until our paths cross again, be kind to yourself and show your Warrior Spirit some love.

If you know anyone who could benefit from today's episode, please pass it on. And many thanks for supporting the show by subscribing and leaving a review. It means a lot and it helps others find their way to our circle.

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Until next time, be well!

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[00:14:33] [END OF AUDIO]